

2023 April Group Fitness Schedule



KINETIC

NEWPORT BEACH

HOURS

Mon - Thurs

5:00a-9:00p

Sat

7:00a-4:00p

Fri

5:00a-7:00p

Sun

7:00a-1:00p

Monday

AMRAP
6:15a-7:00a
Max

HEAT
12:15p-1:00p
Rachel

Yoga
4:00p-5:00p
Kimya

Power Hour
5:30p-6:30p
Jacqueline

Tuesday

Triple Threat
6:15a-7:00a
Kevin

Cardio
Tone
8:00a-9:00a
Enrique

Arms and Abs
11:30a-12:00p
Jacqueline

Yoga Flow
4:00p-5:00p
Merilee

Interval Cycle
5:30p-6:15p
Alex

Wednesday

Sunrise Spin
6:15a-7:00a
Alex

HIIT
8:00a-8:45a
Elijah

Power Cycle
11:30p-12:15p
KINETIC TEAM

HEAT
12:15p-1:00p
Rachel

Power Hour
5:30p-6:30p
Jacqueline

Thursday

Triple Threat
6:15a-7:00a
Kevin

Cardio
Tone
8:00a-9:00a
Enrique

Yoga
6:15p-7:15p
Kimya

Friday

Interval Cycle
6:15a-7:00a
Alex

Yoga Flow
9:00a-10:00a
Merilee

Yoga Flow
12:30p-1:15p
Amanda

Saturday

Power Hour
8:30a-9:30a
Max

Cardio Dance
10:00a-10:30a
Jacqueline

Yoga Flow
11:30a-12:30p
Merilee

